



Raspberry Smoothie

Fruit and veg are rich in vitamins, minerals and phytochemicals which may help your bodies defence against cancer and support your immune system. Blending the smoothie while the raspberries are still frozen will give you more of a pudding/mousse like texture, just add water if you prefer a thinner texture.



Ingredients

- 70g frozen raspberries
- 10g banana
- 145g semi-skimmed milk

Method

1. Add all the ingredients together and puree with a hand blender
2. The recipe above is for 1 portion

Nutrition per portion - 225g

| | | | | | | | |
|------------------|-------------|-------------------|-----------------|--------------|-----------------|----------------|-------------|
| Energy 99kcal | Fat 2.7g | Saturates 1.6g | Sugars 11.7g | Salt 0.2g | Protein 5.8g | Carbs 11.9g | Fibre 2g |
| 5% | 4% | 8% | 13% | 3% | 12% | 5% | - |

% of an adult's reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk